CLAIMS

1. A method for efficiently exploiting an upstream channel bandwidth of full-duplex connection between a user and network comprising:

   a) receiving data from said network by at least one user;

   b) storing said data on said user's storage device for a predetermined period of time for further use; and

   c) re-transmitting said received data to other users.

2. A method according to claim 1, wherein the re-transmission of said received data to said users is carried out during download time.

3. A method according to claim 1, wherein the re-transmission of said received data to said users is carried out after downloading is completed.

4. A method according to claim 1, comprising:

   a) receiving said data by said user;

   b) storing said received data on said user's computer system; and

   c) re-transmitting said data from the user's location to said users through said upstream channel bandwidth in response to a request or according to pre-defined operation instructions.

5. A method according to claim 1, comprising:

   a) receiving data on said user's computer system;

   b) causing said received data to be re-transmitted through said upstream channel bandwidth from said user to a first group of one or more other users;

   c) causing said received data to be re-transmitted through said upstream channel bandwidth from said first group of users to a further group of one or more other users; and

   d) repeating step (c) for all said users requesting the same said data.

6. A method according to claim 5, wherein said data is transmitted to said user from a plurality of other users.

7. A method according to claim 5, wherein the transmission of data from a user to one or more other user(s) is carried out with delay.

8. A method according to claim 1, comprising:

a) receiving data on said user's computer system;

b) re-transmitting said received data through said upstream channel bandwidth to a dedicated server for storage; and

c) retrieving said stored data from said dedicated server for other purposes.

9. A system for managing data flow in a data network, comprising:

a) a coordination center for tracking data entities distributed over said data network;

b) a plurality of users having computer means connected to said data network via a full-duplex connection, said computer means comprising or being coupled to memory means; and

c) software and/or hardware means for re-transmitting data from the computer of each user via the upstream channel of his full duplex connection to other users connected to said network.

10. A system according to claim 9, wherein the coordination center comprises storage means and software/hardware component for storing information related to the data passed through the network and for data retrieval.

11. A system according to claim 9, wherein the users are provided with software/hardware components, suitable to re-transmit the data received in said user's computer to the other users on the network

according to instructions from the coordination center or according to pre-defined operation instructions.

12. A system according to claim 9, wherein the users are provided with software/hardware components suitable to send information to the coordination—center- representative of the upstream bandwidth available, and of the contents stored in the memory means associated with the user's computer, that are available for retransmission.

13. A method for efficiently exploiting an upstream channel bandwidth of full-duplex connection between a user and network, essentially as described and illustrated.